

2001 California Dietary Practices Survey

Table 56: Consumption of Meat Yesterday, and Fat Trimming Practices

Question: How many times did you eat red meat, including beef, pork, lamb, or lunchmeat, hot dogs or sausages made from beef, pork or lamb yesterday?

When you eat red meat or chicken, how often do you trim away the fat from the meat or remove the skin from chicken?

Would you say you do this always, sometimes, rarely or never?

	Percent Times Ate Red Meat ¹			Mean Times Eaten ²	Percent of Meat Eaters Who Trim Fat Away Sometimes or Always ¹
	0	1	2+		
Total	44	40	15	0.7	83
Sex					
Males	36	44	20	0.9	79
Females	52	37	11	0.6	87
Males					
18 - 24	28	48	23	1.0 ^c	79
25 - 34	36	37	27	0.9 ^{bc}	73
35 - 50	36	47	17	0.8 ^{abc}	82
51 - 64	38	43	20	0.8 ^{abc}	82
65+	47	47	6	0.6 ^a	80
Females					
18 - 24	48	36	16	0.7	88
25 - 34	46	42	11	0.7	89
35 - 50	54	36	10	0.6	87
51 - 64	49	40	12	0.6	80
65+	61	29	10	0.5	92
Ethnicity					
White	44	40	16	0.7	84
Hispanic	42	43	16	0.8	85
Black	41	43	16	0.8	77
Asian/ Pacific Islander	47	38	15	0.8	82
Education					
Less than high school	44	42	14	0.7 ^a	79
High school graduate	36	46	18	0.9 ^b	81
Some college	44	42	14	0.7 ^a	85
College graduate	50	34	16	0.7 ^a	85
Income					
Less than \$15,000	45	39	16	0.8	78
\$15,000 - 24,999	42	43	15	0.7	82
\$25,000 - 34,999	41	48	11	0.7	81
\$35,000 - 49,999	41	42	18	0.8	83
\$50,000+	46	38	16	0.7	88
Physically Active					
Did not meet recommendations	41	45	14	0.8	82
Met recommendations	49	34	17	0.7	85
Overweight Status					
Overweight/Obese	41	42	17	0.8	84
Not overweight	47	38	15	0.7	84

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square).

² A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). Categories sharing ANOVA and Chi square test:

* p<.05

** p<.01

*** p<.001